



StilettoDanceFit

Grab your favorite pair of heels and get ready for a new, innovating and empowering workout.

An upcoming dance movement, that allows women to get fit while being sexy. Our program is designed for women of all ages and dance levels. The program includes an hour-long workout that consists of: warm up, across the floor and a fun routine. The element of heels helps provide a boost of confidence and sexy, while elevating the level of workout.

Wednesdays 7:00-8:00 pm Beginning March 26th

Cost: \$35 for 8 week session \$10 drop in fee

Milo Grogan Community Center
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Facebook Page:
StilettoDanceFit